SCREEN CAPTURED

NETFLIX USERS DON'T NECESSARILY CANCEL CABLE — THEY JUST WATCH A LOT OF TV: SURVEY PAGE 6

REGIONAL metro®

Monday, February 25, 2013

News worth sharing.

metronews.ca | twitter.com/metroregina | facebook.com/metroregina

MARIO'S IN MINUTES

PICK A MAIN ADD A SIDE FOR $9.99

East Side Mario's Regina

2060 Prince of Wales Drive

(306) 775-2525

EAST SIDE MARIO'S

Taxes extra. For a limited time only. East Side Mario's is a registered trade-mark. © 2013 Prime Restaurants Inc.

LIGHTS, CAMERA, STARS!

Host Seth MacFarlane speaks onstage during the Oscars held at the Dolby Theatre in Hollywood, Calif., Sunday. For more on the Oscars, including the night's biggest fashion moments, head to the Scene section, pages 8 & 9. KEVIN WINTER/GETTY IMAGES

Hey, they weren't all big spenders

Expense forms show the city's mayoral candidates spent anywhere from $61,614 to nothing on their campaigns in last fall's election PAGE 2

Canadians can't handle the truth?

The federal government takes five months to cough up a report rebutting criticism over access to information PAGE 5

This makes the cake

Tomato purée on the side adds zip to rice cakes PAGE 12

Architecture and Design

Scenic Landmarks

Building Chicago

May 24 to 26, 2013

$1485.00

$100.00 non-refundable deposit required by February 25, 2013.

Tour operated by Marlin Travel

Contact: sales@sasktel.net

1-877-903-0933

306-359-0933

PACKAGE INCLUDES:

- Return Airfare from Regina
- Two night's accommodation at the Historic Palmer House (a Hilton property)
- Ground transportation while in Chicago
- Discover Chicago Tour
- Tour featuring Frank Lloyd Wright his home studio and historic district
- Lecture "Rise of the Skyscrapers" at Chicago Architecture Foundation
- Escorted by a Marlin Travel Professional
- Tours/cruise conducted by Chicago Architecture Foundation

Price is based on double occupancy and is subject to charge. Other conditions may apply. Marlin Travel is a division of Transit Distribution Canada Inc. Head Office 191 The West Mall, Suite 700 Stobicoke, ON M9C 5K8

marlin travel

Architectural Heritage Society of Saskatchewan

NEWS 1

FSIN hopeful about having a 'new beginning' with Valcourt

Cabinet change. Perry Bellegarde aims to meet with incoming aboriginal affairs minister ASAP

MORGAN MODJESKI
Metro in Saskatoon

The Federation of Saskatchewan Indian Nations is hopeful about the appointment of a new federal aboriginal affairs minister by Prime Minister Stephen Harper.

Bernard Valcourt will replace John Duncan as minister of aboriginal affairs and northern development after Duncan resigned for improperly writing to a tax court on behalf of a constituent.

Valcourt, though new to the position, is no stranger to federal politics and has served in a number of ministerial roles.

Perry Bellegarde, chief of the Federation of Saskatchewan Indian Nations, said he looks forward to working with Valcourt in the future.

"Talking to some of the eastern First Nations people, they have a fairly good rapport with him, so I'm looking forward to kind of a new beginning," said Bellegarde.

"I want to meet with the new minister as soon as possible to start briefing him on the files and issues as we go forward."

Valcourt said he welcomed the appointment, adding he feels the government has already made substantial strides on First Nations issues in Canada.

"We have built new schools, invested in clean drinking-water systems, built thousands of new homes, increased funding for services for the most vulnerable members of First Nations communities ... but there is more to do," said Valcourt in a statement.

Perry Bellegarde, chief of the Federation of Saskatchewan Indian Nations, thanks supporters after being elected at TCU Place in October. He says he's ready to get down to work with Bernard Valcourt, the newly appointed minister of aboriginal affairs and northern development. METRO FILE

City council to file campaign expenses

A view of Regina's city council chamber. JEFF MACKEY/METRO

Ever wonder how much dough your city councillors spent trying to get you to elect them last fall?

Well, council is receiving candidate expense forms on Monday night, and you might be surprised by how much — or how little — some of them spent.

The forms, which include campaign contributors, show that between the nine mayoral candidates there were great discrepancies in campaign expenses and fundraising.

According to the expense forms, Mayor Michael Fougere spent $61,614 on his campaign — nearly hitting the allowable limit. Fougere's closest spending rival was Meka Okochi, who claimed $40,834. Marian Donnelly, who finished second, spent the third most on her campaign at $35,082.

Meanwhile, contentious mayoral candidate Chad Novak claimed only $130 on his campaign and candidate Tim Siekawitch claimed to have spent no money at all.

Fougere referred to the need to disclose these expenses as a "transparency issue."

"People want to know how much you spent and who contributed to the campaign and I have no issue with that; it is actually good to do that," said Fougere.

Council meetings have been busy in recent weeks and Monday's meeting at 5:30 p.m. will be no exception.

"It is a big, heavy agenda and I don't see it slowing anytime soon," said Fougere in a phone interview on Sunday. "That is good, because we have a growing city and we need to make sure we plan for development."

JEFF MACKEY/METRO

Quoted

"It is a big, heavy agenda and I don't see it slowing anytime soon."

Mayor Michael Fougere, speaking about Monday's council meeting.

acert
adult centre for employment readiness & training

BASIC FINANCIAL MANAGEMENT WORKSHOP

• Budgeting • Savings and Investing • Financial Planning • Needs and Wants
• Protecting yourself (identify theft, scam, etc.) • Credit and Debt Management

2013 Course Schedule February 19 - March 29 • April 9 - May 17

Each class is offered once a week for 6 weeks, 2 hours per class.

There is no cost to attend this course, and participants may be provided with transportation assistance. Inquire about the possibility of evening classes.

The Online Workshop is available 24/7 on the internet from February 18 to June 7

Proudly supported by: City of Regina | REGINA

FOR MORE INFORMATION AND TO APPLY FOR THE PROGRAM PLEASE CONTACT:
791-6533 Ext. 234 or peterf@reginafoodbank.ca

Brother of Oscar Pistorius also charged in death of a woman

Accused of negligent killing. Carl Pistorius had charges dropped, then reinstated in lethal traffic accident

The murder case involving Olympic star Oscar Pistorius took another unexpected turn Sunday with the news that his older brother, Carl, is himself facing charges for the death of a woman in a traffic accident.

Carl Pistorius faces a charge of unlawful, negligent killing for a 2008 road death, "in which a woman motorcyclist sadly lost her life," Kenneth Oldwage, the Pistorius family lawyer, said on Sunday. The accident happened in Vanderbijlpark, south of Johannesburg. The charge of "culpable homicide" was dropped and then reinstated and will be challenged in court, the lawyer told The Associated Press.

To drop and then reinstate charges is "not uncommon in South African criminal law. The law specifically makes provision to allow charges to be dropped and then to be reinstated as a result of further investigations," said Jacob van Garderen, director of Lawyers for Human Rights. "It is a practical procedure, a process that is there to assist both sides."

This past weekend, model Reeva Steenkamp, who was shot to death by Oscar Pistorius on Valentine's Day, was on television again in a new episode of the reality show Tropika Island of Treasure 5, even though she was buried last Tuesday.

On Monday, Oscar Pistorius must report to the police station in Brooklyn, a suburb of the capital Pretoria, and sign in, a twice-weekly procedure that is part of his bail conditions.

Pistorius was released on bail Friday and stayed at the home of his uncle Arnold in Waterkloof. His brother Carl came to visit the house Sunday.

Oldwage said that "Carl deeply regrets the accident" and that a blood test showed he was not drunk at the time.

Oscar Pistorius was charged with premeditated murder, but the athlete says he killed his girlfriend accidentally, opening fire after mistaking her for an intruder in his home. THE ASSOCIATED PRESS

Investigator also charged

It is the second time someone associated with the case has been found to face a charge that had been dropped and reinstated.

- **The chief police investigator** faces charges of seven counts of attempted murder for allegedly shooting at a vehicle with seven passengers.
- **Hilton Botha** was removed from the Pistorius investigation following the revelations, and a new chief detective was appointed on Thursday.

Brother Carl Pistorius, right, and father Henke attend Oscar's bail hearing Tuesday. THEMBA HADEBE/THE ASSOCIATED PRESS FILE

Syrian rebels aim tanks at strategic police academy

Rebels backed by captured tanks launched a fresh offensive on a government complex housing a police academy near the northern city of Aleppo on Sunday, while the government hit back with airstrikes to try to protect the key installation, activists said.

If rebels capture the complex, it would mark another setback for President Bashar Assad. In recent weeks, his regime has lost control of key infrastructure in the northeast, including a hydroelectric dam, a major oil field and two army bases along the road linking Aleppo with the airport to its east.

Rebels have also been hitting the heart of Damascus with occasional mortar shells or bombings, posing a stiff challenge to the regime in its seat of power.

On Saturday, opposition fighters in the eastern province of Deir el-Zour overran a military post believed to have once been the site of a partly built nuclear reactor, which Israeli warplanes bombed in 2007.

It was not clear what the site was being used for most recently. THE ASSOCIATED PRESS

Comic casualty

Also on Sunday, prominent Syrian comedian Yassin Bakoush was killed in Damascus.

- **Cause.** State news and anti-regime sources disagree on whose explosives were responsible for his death.
- **Role.** Bakoush, 75, was known for playing characters that were likeable but naive and dim-witted.

Nine-nation trip

John Kerry on tour for Syria solution

U.S. Secretary of State John Kerry embarked Sunday on his first official overseas voyage in a mission for new ideas on the Syrian crisis.

Kerry left Washington to start a gruelling nine-nation, 10-day trip to Europe and the Middle East. In addition to Syria, he will focus on conflicts in Mali and Afghanistan and Iran's nuclear program.

THE ASSOCIATED PRESS

Holy See ya later

Pope gives final Sunday blessing

Pope Benedict XVI bestowed the final Sunday blessing of his pontificate on a cheering crowd in St. Peter's Square.

"But this doesn't mean abandoning the church," he said, referring to his Thursday departure for a quiet, monastic life. "Prayer is not isolating oneself from the world and its contradictions."

THE ASSOCIATED PRESS

Scotland

Cardinal under investigation

The Vatican is looking into allegations of "inappropriate behaviour" by Cardinal Keith O'Brien, Britain's most senior Catholic cleric, officials said Sunday. The claims come at a sensitive time, as cardinals prepare to choose the next pope.

British newspaper the Observer reported that three priests and a former priest made the allegations.

THE ASSOCIATED PRESS

Berlusconi pushes hard for a comeback in Italian election

Politics. Controversial billionaire media mogul tries for return to power in vote that commenced Sunday

Italians are voting in a watershed parliamentary election Sunday and Monday that could shape the future of one of Europe's biggest economies.

When Silvio Berlusconi, the billionaire media mogul seeking an unlikely political comeback, showed up at a Milan polling place to cast his ballot, three women pulled off their sweaters to bare their breasts and display the slogan Basta Silvio! (Enough of Silvio) scrawled on their flesh. A cordon of police, already in place for security before the former prime minister's arrival, blocked Berlusconi's direct view of the women.

Police detained the women for questioning. Italian news reports said the three were members of the Femen protest group. On his way out of the polling station, Berlusconi made no direct comment on the protesters.

When Berlusconi stepped down in 2011, newspapers were writing his political obituary. At 76, he was blamed for mismanaging the economy and disgraced by criminal allegations of sex with an underage prostitute.

But Berlusconi has proven that he should never be counted out. In his campaign he has promised to give back an unpopular property tax. Even his purchase of Mario Balotelli for his AC Milan soccer team was seen as a ploy for votes.

The campaign strategy that has allowed him to become a contender in these elections is a simple one: Please the masses by throwing around cash.

The most recent polls show the Democratic Party's Pier Luigi Bersani in the lead with 33 per cent of the vote, against 28 per cent for Berlusconi's coalition with the populist Northern League. Comic-turned-politician Beppe Grillo's 5 Star movement was in a surprise third place, with 17 per cent support, while Mario Monti's centrist coalition was notching 13 per cent.

THE ASSOCIATED PRESS

Police take away a woman protesting where former Italian prime minister Silvio Berlusconi was voting in Milan on Sunday. SPADA, LAPRESSE/THE ASSOCIATED PRESS

Raul Castro to step down in 2018, names successor

Fidel Castro, left, and his brother, President Raul Castro, at the opening session of the National Assembly on Sunday. THE ASSOCIATED PRESS

Raul Castro announced Sunday that he will step down as Cuba's president in 2018 following a final five-year term, for the first time putting a date on the end of the Castro era.

Rising star Miguel Diaz-Canel is to be his top lieutenant and first in the line of succession.

The 81-year-old Castro also said he hopes to establish two-term limits and age caps for political offices including the presidency — an astonishing prospect for a nation led by Castro or his older brother Fidel since the 1959 revolution.

The 52-year-old Diaz-Canel is now a heartbeat from the presidency and has risen higher than any other Cuban official who didn't directly participate in the heady days of the revolution. "This will be my last term," the president said, his voice firm.

Castro hinted at other changes, some so dramatic that they will have to be ratified by the people. Still, he scrapped any idea that the country would soon abandon socialism.

"I was not chosen to be president to restore capitalism to Cuba," he said. "I was elected to defend, maintain and continue to perfect socialism, not destroy it."

Cuba is at a moment of "historic transcendence," Castro told lawmakers in speaking of his decision to name Diaz-Canel to the No. 2 job, replacing the 81-year-old Jose Ramon Machado Ventura, who fought with the Castros. Since 2006, Castro has instituted a slate of economic and social changes.

THE ASSOCIATED PRESS

Castro era ending

Castro fuelled interest in Sunday's legislative gathering after mentioning on Friday his possible retirement and suggesting lightheartedly that he had plans to resign at some point.

- It's now clear that he was dead serious when he promised that Sunday's speech would have fireworks, and would touch on his future.

Alleged abuse

U.S. special forces ordered to leave Afghan province

Afghanistan's president on Sunday ordered all U.S. special forces to leave a strategically important eastern province within two weeks because of allegations that Afghans working with them are torturing and abusing other Afghans.

The decision seems to have caught the coalition and U.S. Forces Afghanistan, a separate command, by surprise. Americans have frequently drawn anger from the Afghan public over issues ranging from Qur'ans burned at a U.S. base to allegations of civilian killings.

"We take all allegations of misconduct seriously and go to great lengths to determine the facts surrounding them," the U.S. forces said in a statement.

Presidential spokesman Aimal Faizi said the decision to order the American special forces to leave Wardak province was taken during a meeting of the National Security Council because of the alleged actions of Afghans who are considered linked to the U.S. special forces. He said all special forces operations were to cease immediately in the province, which is viewed as a gateway to the capital and has been the focus of counterinsurgency efforts in recent years. The security council said armed individuals have allegedly been "harassing, annoying, torturing and even murdering."

THE ASSOCIATED PRESS

Greece

Daring helicopter escape attempt foiled by guards

Greek prison guards have foiled an escape attempt by helicopter involving at least four inmates.

Authorities have identified only one of the prospective escapees, Panagiotis Vlastos, a convicted murderer and racketeer serving a life term. They say at least three other prisoners, all Albanian nationals, were also involved.

The chopper was forced to land and its occupants were arrested.

Prison authorities say Vlastos was shot in the leg by guards during the escape attempt.

THE ASSOCIATED PRESS

Feds dispute dismal global freedom of information ranking

Canada dropped to 55th out of 93. Harper government shot back in document, though it took months to access

The Harper government is dismissing a report that ranks it 55th in the world for upholding freedom of information, saying it has a sterling record for openness.

But a four-page document outlining the federal rebuttal took five months to release after a request under the Access to Information Act — underscoring the very delay problem that contributed to Canada's dismal ranking.

A human-rights group based in Halifax has issued three report cards since 2011 on Canada's anemic standing in the world with regard to so-called right-to-know legislation.

Canada's information commissioner, Suzanne Legault, holds a press conference in Ottawa in 2012. SEAN KILPATRICK/THE CANADIAN PRESS FILE

The Centre for Law and Democracy used a 61-point tool to measure Canada's legislation against that of other countries, in co-operation with Madrid-based Access Info Europe.

Canada's standing in September 2011 was 40th of 89 countries, fell to 51st in June last year, then to 55th of 93 countries last September, behind Mongolia and Colombia.

"While standards around the world have advanced, Canada's access laws have stagnated and sometimes even regressed," the centre concluded, noting Canada was a world leader in 1983 when its federal information law came into force.

The research won praise from Canada's information commissioner, Suzanne Legault, who said "the analysis that this group has done is going to be a really useful tool" in her own investigation into freedom-of-information issues.

But an internal memo last summer to Treasury Board President Tony Clement cites the report's "weaknesses," saying the methodology "does not allow for an accurate comparison of the openness of a society and of its government."

THE CANADIAN PRESS

Reform recommended

Lengthy extensions are an issue

A memo from Michelle d'Auray, then secretary of the Treasury Board that oversees the access-to-information system, criticizes the report and was among a group of records requested from the Treasury Board last September by The Canadian Press under the Access to Information Act.

The law requires a response within 30 days, but the agency gave itself a 120-day extension — four additional months — so it could consult with the Privy Council Office, Prime Minister Stephen Harper's own department.

The report card from the Centre for Law and Democracy found that such unilateral, lengthy extensions are invoked too often by federal departments, calling delay a "classical way of effectively denying requests."

"Public authorities should be limited to one extension of no more than 30 days, applicable only in appropriate cases," the centre said in a key recommendation for reform.

'Time of sorrow.' Families, friends grieve five lost Nova Scotia fishermen

Hundreds of people gathered in churches in southwestern Nova Scotia on Sunday as friends and religious leaders urged their communities to offer support to the families grieving the loss of five young fishermen.

"This is a time of sorrow," said Sandy Stoddard, a veteran fisherman who was among the last to have radio contact with the captain of the Miss Ally, 21-year-old Katlin Nickerson.

"I've lost a piece of me," he said as he spoke tenderly to crying relatives in Calvary United Baptist Church in Woods Harbour, where about 500 people filled the pews.

Pastor Phil Williams urged the residents of the fishing village to continue supporting one another after a week filled with dashed hopes and criticism of the rescue and recovery efforts for the overturned hull of the boat.

The vessel's emergency beacon was detected by search-and-rescue officials last Sunday, as a storm with hurricane-force winds created massive waves over a 100 kilometres southeast of Liverpool. THE CANADIAN PRESS

A memorial for the missing fishermen sits in the Calvary United Baptist Church in Woods Harbour, N.S., on Sunday. DEVAAN INGRAHAM/THE CANADIAN PRESS

Netflix and TV go together like a horse and carriage: Report

Usage. Almost 1 in 3 homes with kids under 12 has a Netflix subscription, and 36% of homes with teens do

Netflix Canada is growing in popularity. PHOTO ILLUSTRATION BY GETTY IMAGES

Canadian Netflix users stream an average of about an hour a day, watch another half hour's worth of content online, and catch another hour and a half of broadcast TV, suggests a study.

Most Netflix customers are not so-called cord cutters — a term to describe consumers who have cancelled their cable or satellite plan in favour of other content options — according to the report by the Media Technology Monitor, based on surveys with thousands of Canadians.

In fact, Netflix users were found to be more likely than other consumers to shell out for a premium TV package, even while paying $8 a month for the streaming service. While 31 per cent of anglophone consumers said they pay extra for a premium TV package, the figure was 36 per cent among Netflix subscribers.

MTM estimated that about one in five anglophones were subscribing to Netflix in the fall and users watched an average of 6.4 hours on Netflix a week.

Subscribers appeared to be watching less TV on cable and satellite, tuning in for about 11.3 hours per week compared to the 14.9 hours that non-users watched. But when adding their Netflix streams and content viewed online, they watched an average of more than 22 hours a week, well above the almost 16 hours for non-Netflix users.

As for demographics, 29 per cent of consumers aged 18 to 34 said they were Netflix users, followed by 27 per cent of those aged 35 to 49. THE CANADIAN PRESS

Case of the missing mural

A new stencilled rat holding a sign that reads "Why?" appears on the side of a shop beside where the old Banksy artwork was removed in London, England. The original artwork — Slave Labour — vanished earlier this month. It appeared on the website of a Miami auction house, due to be sold Saturday with an estimated price of $500,000 to $700,000. But the BBC reported that the auction house confirmed the piece had been withdrawn from sale. JORDAN MANSFIELD/GETTY IMAGES

Sequestration

Canadians would feel pain of U.S. debt reductions

Canada will feel the sting if U.S. Congress fails this week to avert what's known as sequestration, an array of massive spending cuts to a host of federal departments and agencies aimed at slashing America's $16-trillion US national debt.

On Thursday, $85 billion in cuts for this fiscal year alone are slated to kick in. All told, sequestration would amount to $1.2 trillion in budget reductions by 2021.

For Canadians, that means shopping trips to border communities will almost immediately become a hassle as they're confronted with waits of several hours at busy entry points. They'll also feel the effects when they fly, as U.S. officials cancel flights and shutter some control towers and airports.

Exporters, meantime, will face far longer cargo-processing times at borders as well. Business travellers will be ensnared in long lines at the border. THE CANADIAN PRESS

new weightwatchers360°
built for human nature
EXTENDED BY POPULAR DEMAND
FREE
registration
pay only the weekly fee*
Ask about our special prepay offers!
1-800-651-6000
wwsk.ca
Offer valid until March 2, 2013
weightwatchers
Offer is valid only in Alberta and Saskatchewan. First and subsequent weekly meeting fees apply. Offer may vary in At Work & Community Service Meetings. *Plus GST. Offer not valid for on-line subscription products. No cash value.

Samsung takes on iPad Mini with Galaxy Note 8

Samsung Electronics is beefing up its tablet range with a competitor to Apple's iPad Mini that sports a pen for writing on the screen.

The Korean company announced on Sunday in Barcelona that the Galaxy Note 8.0 will have an eight-inch screen, putting it very close in size to Apple's tablet, which launched in November with a 7.9-inch screen. It's not the first time Samsung has made a tablet that's in the Mini's size range: Its very first iPad competitor had a seven-inch screen, and it still makes a tablet of that size, but without a pen.

Samsung will start selling the new tablet in the April to June period, at an as-yet-undetermined price. It made the announcement ahead of Mobile World Congress, the wireless industry's annual trade show, which starts today in Barcelona.

The Note 8.0 fills a gap in Samsung's line-up of pen-equipped devices.

Samsung has made the pen, or more properly the stylus, one of the tools it uses to chip away at Apple's dominance in both tablets and high-end smartphones.

Apple doesn't make any devices that work with styluses, preferring to optimize its interfaces for fingers, mice and touchpads.

On Samsung's Note line, the pens can be used to write, highlight and draw. The screens also sense when the mouse hovers over the screen, providing an equivalent to the hovering mouse cursor on the PC. However, few third-party applications have been modified to take full advantage of the pens. THE ASSOCIATED PRESS

Alternatives

Other pen-equipped Samsung phones:

- **Galaxy Note II.** Smartphone with 5.5-inch screen
- **Galaxy Note 10.1.** Full-sized tablet

THE NEW LEADER OF THE NDP WILL BE MR. WHATSHISNAME

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

It's hard to believe we're in the final stages of an NDP leadership race and 63 per cent of people surveyed don't know the names of any of the candidates.

And 45 per cent don't even know there's a race going on.

In Saskatchewan.

Birthplace of Tommy Douglas and the New Democratic Party.

This past week, some guy named Erin Weir pulled out of the race and threw his support behind some guy named Ryan Meili. The two other guys in the race, Cam Broten and Trent Wotherspoon, say they aren't concerned.

Of course they're not concerned. No one knows who Erin Weir is anyway. Dave, the parking-lot attendant, could pull out and it would have the same effect.

They should, however, be concerned that no one knows who they are, either. After all, they're both MLAs. Two veteran NDP MLAs are vying for the leadership of the party of Roy Romanow and Allan Blakeney and nearly two out of three people don't know it.

Wotherspoon is even the party's finance critic, so he has a ready-made issue this week as the Saskatchewan government gets the Pinocchio award from the C.D. Howe Institute for failing to accurately forecast spending. Somehow, the government has gone 38 per cent over budget in the last decade. Oops.

That should be catnip for the Opposition, but the Opposition is too busy holding debates where the candidates, whoever they are, all politely agree to disagree. No one wants to hurt the other guy's feelings. I guess that's because they need all the friends they can get.

So, what's the problem here? Is it because Brad Wall is like the Sun King, his warm and shining aura banishing all the province's dark shadows? Or is it because voters can't get fired up by four (now three) unknown white guys, who can't help sounding same old, same old, even if they aren't.

For the record, they are, kinda. Broten and Wotherspoon are responsible, if uninspiring, legislators, while Meili, who's a doctor, maybe shouldn't quit his day job. No women. No minorities. No pizazz. Only one candidate showed promise on the humour front, and that was Weir, who told a recent audience that the Saskatchewan Party is the Big Tent because "you need a big tent when you have so many clowns." Best line of the campaign, from the candidate who quit.

So, come March 9, the new leader of the NDP will be Meili, Broten or Wotherspoon.

I hope they're wearing name tags at the convention. Otherwise, they may elect the wrong unknown guy.

As if it matters.

Health risk

Ottawa calls for tanning beds to carry skin-cancer warning labels

It's not yet moving to the sometimes hideous pictorial warning labels seen on cigarette packaging, but Ottawa wants to get the message across that tanning beds can be hazardous to your health.

Health Minister Leona Aglukkaq says Health Canada will soon require that all tanning beds carry warnings about skin cancer and other potential dangers.

The proposed changes come after several provinces moved to prevent the use of tanning beds by young people.

Earlier this month, legislation took effect that would ban those under 18 from using tanning beds in Quebec.

Using indoor tanning equipment before age 35 significantly increases the risk of developing melanoma skin cancer, according to research by the International Agency for Research on Cancer.

Canada's proposed tanning-bed labels don't forbid their use, but instead warn the devices are "not recommended for use by those under 18 years of age."

The labels would also read Tanning Equipment Can Cause Cancer, and carry a list of other health risks associated with tanning.

THE CANADIAN PRESS

Final finish line for centenarian

KIN CHEUNG/THE ASSOCIATED PRESS

Setting the pace

Oldest marathon runner retires

The world's oldest marathon runner ran his last race on Sunday at the age of 101.

Fauja Singh finished the Hong Kong marathon's 10-kilometre race in a time of one hour, 32 minutes and 28 seconds.

The Indian-born runner, nicknamed the Turbaned Torpedo, had said that he would hang up his sneakers after the race in the southern Chinese city, just before his 102nd birthday.

THE ASSOCIATED PRESS

Rising from the ashes

"From a tragedy has come a lot of success and happiness."

Fauja Singh, world's oldest marathon runner.

Singh explained that he took up running as a way to get over depression after his wife and son died in quick succession in India. The death in 1994 of his son took a particularly hard toll on Singh because of its grisly nature. Singh and his son, Kuldip, both farmers, were checking on their fields in the middle of a storm when a piece of corrugated metal blown by the wind decapitated Kuldip in front of his father's eyes.

Toronto marathon man

- Singh, a great-grandfather, became the oldest man to run a full marathon in Toronto in 2011, at the age of 100. But his record was not recognized by Guinness World Records because he doesn't have a birth certificate to prove his age. Singh has a British passport that shows his date of birth as April 1, 1911, while a letter from Indian government officials states that birth records were not kept in 1911.

Long-distance trek

Starting to run was no sweat

Singh went to live with his youngest son in London, England, after his other son died. That's where Singh attended tournaments organized by the Sikh community and he took part in sprints.

He met some Sikh marathon runners who encouraged him to take up long-distance running. One day he saw a marathon on television for the first time and decided that's what he wanted to do, too.

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you counting down the days till spring?

Twitter

@Andrea_runs:
Unreal run in #yqr this morning. Life is just better when you run. Period. #runnershigh #runninglove #nevergonnastop

@scrumtrelescent:
@CityofRegina said that a supervisor would be by to pick up my garbage that they forgot to pick up. They didn't come :(#YQR #notsurprised

@iamTrishK:
Holy Potholes Batman! #yqr #ringroadsouth

@Lee__Evans:
Haven't been to the #yqr in a while. Didn't realize how bad of shape ring road is in.

@Feztickle75:
Sure we've had some decent days, but even during the worst winters we've had significant melt by now. Is #YQR snow a tsunami time bomb?

@lastchapterz:
The #ultracuts girls are amazing. Im relaxed listening to music while they clean the boy up. Thanks girls! You rule! #yqr

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

Anne Hathaway wins the Oscar for best supporting actress at the 85th Academy Awards in L.A. on Sunday. ALL PHOTOS GETTY IMAGES

A night at the Oscars

Hollywood's highest honour. Metro looks at the highlights of the 85th Academy Awards

NED EHRBAR
Metro World News in Hollywood

There was no clear favourite for the night as Hollywood's year came to a close at the 85th annual Academy Awards on Sunday.

The Academy kicked off the night with one of the more difficult Oscar categories to predict, best supporting actor, with Christoph Waltz taking the prize for his work in Django Unchained.

Disney-owned animation studio Pixar swept both animated categories, taking animated short (Paperman) and animated feature (Brave), but for the most part the awards were spread out among several titles.

Life of Pi earned trophies for best visual effects and best cinematography, while Les Misérables won best make-up and hairstyling and best sound mixing. Anna Karenina took best costume design.

Seth MacFarlane

Christoph Waltz

In a rare Oscars tie, the award for best sound editing was shared by Zero Dark Thirty and Skyfall. For history buffs, the last time there was a tie for an Oscar was in 1968, when Barbra Streisand shared the award for best actress with Katharine Hepburn.

As expected, Michael Haneke's Amour won for best foreign language film and Anne Hathaway earned a trophy for best supporting actress for her role in Les Misérables as the tragic Fantine. "I look up to you all so much, and it's just been such an honour," Hathaway said, paying tribute to fellow nominees Sally Field, Amy Adams, Jacki Weaver and Helen Hunt.

Awards aside, the ceremony itself was something of a mixed bag, led by Family Guy creator and best song nominee Seth MacFarlane, known for both his love of old-school crooning and envelope-pushing humour.

MacFarlane opened the show by doing the seemingly impossible: making usually dour Tommy Lee Jones smile and laugh. He also poked fun at other nominees: "If you bumped into Don Cheadle on the studio lot, did you try to free him?" he asked nominee Day-Lewis. "How far did your method go?"

His monologue was interrupted by William Shatner on screen chastising him for doing a poor job, including singing a song about Oscar-nominated actresses going topless called We Saw Your Boobs.

But it was rough sailing from there, including awkward bits by Paul Rudd and Melissa McCarthy and the cast of the Avengers. The choice to use the theme from Jaws to play off winners when they go long was particularly odd.

One of the highlights of the ceremony was a rendition of Goldfinger by Dame Shirley Bassey during a tribute to the Bond franchise, even if it did seem too brief. And Catherine Zeta-Jones wowed the audience with All That Jazz from Chicago during a tribute to movie musicals.

Looking ahead

And even before the Oscars had been handed out, some were already looking toward next year's contenders.

- According to Deadline, deals are reportedly in the works for perennial awards season heavyweight the Weinstein Company to acquire Grace of Monaco, starring Nicole Kidman as Grace Kelly, and Mandela: Long Walk to Freedom, starring Idris Elba as Nelson Mandela, according to Deadline.

Red carpet hits ... and misses

Metro's Dorothy Robinson and The Kit's Nadine Anglin give us their take on the best and worst of the red carpet of all red carpets at the 85th Academy Awards in L.A. on Sunday

1 Jennifer Lawrence

First glance. Jennifer Lawrence's gown looks like it was made from curtains, von Trapp style, but with a fab tailor. **DOROTHY ROBINSON**

2 Jessica Chastain

Va-va-va-voom! This is the way to do sexy at the Academy Awards. The nude, jewel-encrusted dress hugs every curve. **NADINE ANGLIN**

3 Bradley Cooper

A classic tuxedo for a classic leading-man type. But really, Bradley could wear a paper bag and look dashing. **NADINE ANGLIN**

On the web

For more Oscar fashion coverage, visit TheKit.ca

4 Anne Hathaway

Um. Did I just see Anne Hathaway's nipple? Did you? Help. Someone help me. Did I just see that? Guys. Someone get Anne Hathaway's stylist on the phone STAT. **DOROTHY ROBINSON**

5 Kerry Washington

The jewelled bodice is dazzling and the red colour was the perfect complement. Kerry is a hip glamour girl and a style icon on the rise. **NADINE ANGLIN**

6 Channing Tatum

Channing Tatum's tux looks like my prom date's rental. From 1997. **DOROTHY ROBINSON**

Oscar tweets

@TheAcademy
Everybody's a winner at the #Oscars tonight. Except, of course, for the people that lose.

@ericasara
Seeing tweets criticizing women's bodies on red carpet, esp from magazines representing health industry = extremely disappointing #FAIL

@AustenGilliland
Oscars, shmoscars, make some soup!

@Sid_Seixeiro
Dear Wife: You watched the entire Super Bowl. I will now sit through three hours of Red Carpet on E! We're even. Signed, Me.

@SarahInMI
My red carpet look? Oh, that'd be Old Navy flannel pajamas from their Fall 2011 collection.

@OwenBenjamin
It's funny watching fashion people pretend every tux doesn't look exactly the same.

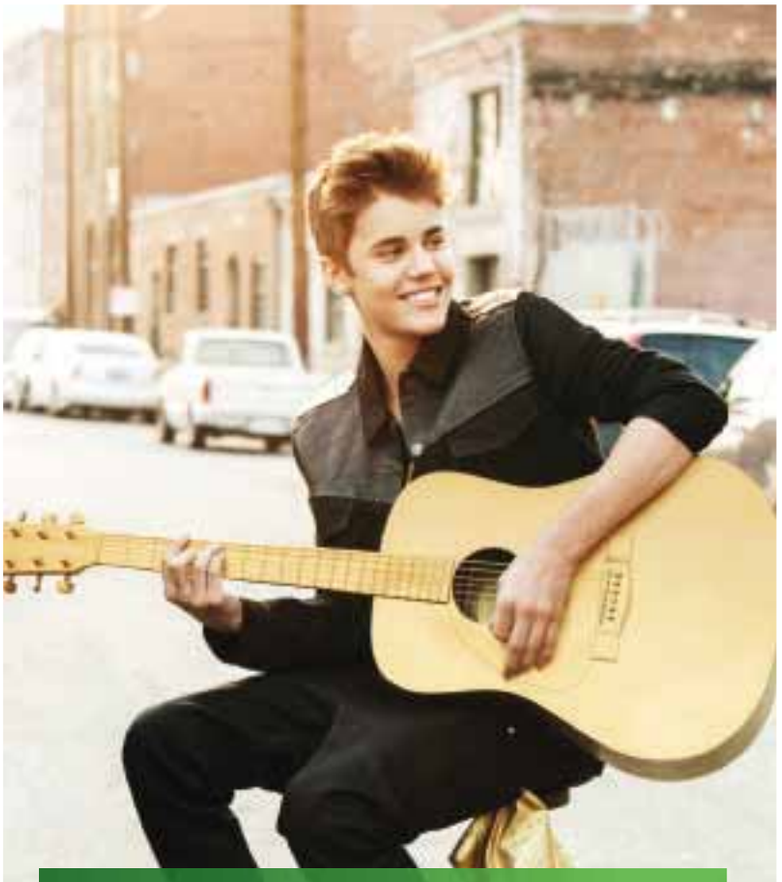
The Word

Oscar swag

THE WORD
Dorothy Robinson
scene@metronews.ca

It may be an honour just to be nominated for an Academy Award, but it's also lucrative. Just check out the gift bag all nominees receive, cultivated by Distinctive Assets:

- A trip to Australia worth $12,000
- A one-week, all-inclusive trip to a fitness retreat worth $4,100
- A three-night stay at the St. Regis in Punta Mita, Mexico, worth $3,000
- A $20 box of Naked Condoms
- A $40 electronic cigarette
- A $795 water filtration system
- $60 worth of gluten-free macaroons
- $406 worth of anti-aging hand lotion
- $530 worth of Sedu hair-styling tools
- $250 worth of Diet Pepsi
- A Samsung WB150F Wi-Fi-powered camera
- And a $20 book, Take 2: Your Guide to Happy Endings and New Beginnings, by Leeza Gibbons. Because that's exactly what struggling actress Jessica Chastain needs — a self-help book by the former host of Entertainment Tonight.



YOU COULD WIN A CONCERT DATE WITH BIEBER!

METRO "BELIEBES" IN LOVE!

Metro is inviting one lucky winner to a VIP experience at a Justin Bieber concert. You could win airfare, hotel and concert tickets for two with backstage passes to meet Bieber himself on one of his European Tour stops. All you have to do is:

1. Take a photo of yourself with the "I Beliebe in Love" ad which appeared on February 14th 2013 in a place you'd like to take Justin on a date. (If you missed the ad you can print it out at www.clubmetro.com/bieber)
2. Upload your photos by visiting www.clubmetro.com/Justin
3. Remember to share the love! Collect votes from your friends to increase your chances of landing the grand prize!

metro

Hot & Fresh pizza pizza

Beliebes in love too!

Valentine 's Day may be over, but your chance to win isn't!

No purchase necessary. Contest open to residents of Canada and certain other countries worldwide who are thirteen (13) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. One (1) Grand Prize is available to be won, consisting of a trip to see Justin Bieber perform and meet Justin Beiber (approximate retail value of $5,000 USD). Skill testing question required. Contest closes February 28, 2013 at 12,00AM CET. To enter and for complete contest rules visit www.facebook.com/metroint. Contest sponsors are Metro International S.A. together with its local Metro subsidiaries around the globe. The contest is in no way sponsored by Free Daily News Group Inc. or Pizza Pizza Limited. Neither Free Daily News Group Inc. nor Pizza Pizza Limited is responsible for this contest or its prize(s).

Madonna

Madonna photos too hot for Instagram

Madonna's foray into photo-sharing may be short-lived if she doesn't clean up her act.

The singer recently joined Instagram, collecting more than 150,000 followers while posting provocative photos of herself as well as images of flowers, horses and artist Frida Kahlo. But she's also posted a warning she apparently received from the folks at Instagram about reviewing the site's community guidelines.

"We value these guidelines and believe that they will help keep Instagram a safe and fun place for everyone," the message reads. "It is important to note that continuing to violate them may result in a disabled account or discontinued access to Instagram without warning."

Steven Tyler

'You also could say I snorted half of Peru'

Steven Tyler estimates that he has probably snorted $5 million or $6 million worth of cocaine during his drug-abusing days, which is a far cry from his estimate of $20 million in his 2011 memoir. "But it doesn't matter," he tells Australia's 60 Minutes during an interview. "You also could say I snorted half of Peru, but it doesn't matter. You know, it's what we did."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Britney's bodyguard gets a new job and will.i.am gets a new car

STARGAZING
Malene Arpe
scene@metronews.ca

will.i.am

Britney Spears' ex-bodyguard, who once sued her for allegedly harassing him by flashing her lady parts, has become a ghost hunter. I guess nothing can scare him after having seen ... (Nope. No. No, you're not. – ed)

Author Hilary Mantel, who wrote that book about Cromwell you totally pretended to have read three years ago, says that Kate Middleton has a plastic smile, is "dead-eyed" and made for breeding. "Why does some stupid duchess get all the great compliments?" asks a sad Kim Kardashian.

And while on the subject of books you pretend to have read. The BBC is making a six-part series based on War and Peace.

Mila Kunis confirms she'd like to play Anastasia in 50 Shades. The rest of the world confirms that we would like for this annoying casting process to be over.

Robin Williams and Sarah Michelle Gellar will star in a comedy pilot together. It's going to be so funny when Buffy hunts and stakes Mork ... (Go ahead. Make the joke about Britney. It can't possibly be worse. – ed)

While her injured boyfriend is in pain and bleeding on a stretcher, Paris Hilton poses for a photographer right in front of him. Kris Jenner, Dina Lohan and Joe Simpson ask themselves what they did wrong and what Kathy Hilton did right.

A study suggests that it's better for your health if you just allow yourself to fart whenever you're on a plane. But not if you're sitting next to me.

Russell Brand says that remaking Arthur was a mistake. He finally got around to watching it. Good for him.

Celebrity Math Question: If Brendan Fraser claims that he cannot possibly afford to pay $900,000 a year in child support and Mary J. Blige has a new $900,000 lien against her, while will.i.am pays $900,000 for a custom-made car, why is Kevin Federline sad? Answer: because, no matter how hard he tries, all he can come up with is $57,000 in unpaid taxes.

Twitter

@KChenoweth
Just Said hello to Barbra Streisand. Happy now

@BetteMidler
AN UNDERGROUND GAY LOBBY AT THE VATICAN? AND THEY HAVEN'T CALLED MY AGENT?

@rosemcgowan
I hate everyone. Not you, everyone else.

@Sethrogen
Ah, awards season. Or as I know it, the time of year I learn that I'm too fat for all my suits.

No gym required

Spot-toning with tots

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Forget the expensive gym if you have kids. There are more specific spot-toning exercises:

• Toddler squat: You will spend a torturous amount of time squatting in front of them in order to zip up coats, tie shoes, wipe noses, scrub away crusted-on ketchup, discipline and pull up unintentional low rise pants.

• Car seat resistance training: Children will take every opportunity to fight car seat confinement. This is most effectively achieved by back arching, kicking and arm flailing. It will take all of your strength and toning skills to firmly place the child in the seat while not snapping limbs (theirs).

• Flying boot maneuver: Sitting down and gently pulling off muddy boots takes up valuable time in a five-year-old's day. The preferred method is to stand on one foot, grasp the antique hall table with a sticky hand, and shake the other foot until the boot is sent flying into your new suede jacket. Duct tape boots to your child's pants to avoid strenuous ducking and dodging.

EXCERPTED FROM JOURNEY TO THE DARKSIDE: SUPERMOM GOES HOME BY KATHY BUCKWORTH, KEY PORTER BOOKS, 2007. THIS BOOK WILL BE AVAILABLE ON AUDIBLE.COM ON FEB. 27.

Exclusively online

Sadly mommy's gym membership fees aren't helping her build muscle or your RESP fund. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Joe Jensen, 2, watches television as a special treat in the afternoon at his home in Seattle. Joe's mother, Nancy Jensen, was a participant in a new University of Washington study on the effects of television viewing on kids. TED S. WARREN/THE ASSOCIATED PRESS

Switch to less violent TV for better-behaved kids: study

Picking Sesame Street over Power Rangers. Substituting shows the most short-term gains for low-income boys

Teaching parents to switch channels from violent shows to educational TV can improve preschoolers' behaviour, even without getting them to watch less, a study found.

The results were modest and faded over time, but may hold promise for finding ways to help young children avoid aggressive, violent behaviour, the study authors and other doctors said.

"It's not just about turning off the television. It's about changing the channel. What children watch is as important as how much they watch," said lead author Dr. Dimitri Christakis, a pediatrician and researcher at Seattle Children's Research Institute.

The research was to be published online Monday by the journal Pediatrics.

The study involved 565 Seattle parents, who periodically filled out TV-watching diaries and questionnaires measuring their child's behaviour.

Half were coached for six months on getting their three-to-five-year-old kids to watch shows like Sesame Street and Dora the Explorer rather than more violent programs like Power Rangers. The results were compared with kids whose parents got advice on healthy eating instead.

At six months, children in both groups showed improved behaviour, but there was a little bit more improvement in the group that was coached on their TV watching.

By one year, there was no meaningful difference between the two groups overall. Low-income boys appeared to get the most short-term benefit.

"That's important because they are at the greatest risk, both for being perpetrators of aggression in real life, but also being victims of aggression," Christakis said.

Before the study, the children averaged about 1 1/2 hours of TV, video and computer game watching a day, with violent content making up about a quarter of that time. By the end of the study, that increased by up to 10 minutes. Those in the TV coaching group increased their time with positive shows; the healthy eating group watched more violent TV.

Nancy Jensen, who took part with her now six-year-old daughter, said the study was a wake-up call.

"I didn't realize how much Elizabeth was watching and how much she was watching on her own," she said.

Jensen said her daughter's behaviour improved after making changes, and she continues to control what Elizabeth and her two-year-old brother, Joe, watch. She also decided to replace most of Elizabeth's TV time with games, art and outdoor fun.

During a recent visit to their Seattle home, the children seemed more interested in playing with blocks and running around outside than watching TV.

Another researcher who was not involved in this study but also focuses his work on kids and television commended Christakis for taking a look at the influence of positive TV programs, instead of focusing on the impact of violent TV.

"I think it's fabulous that people are looking on the positive side. Because no one's going to stop watching TV, we have to have viable alternatives for kids," said Dr. Michael Rich, director of the Center on Media and Child Health at Children's Hospital Boston.

THE ASSOCIATED PRESS

Potential issue

The study has some flaws.

- The parents weren't told the purpose of the study, but the authors concede they probably figured it out and that might have affected the results.

Rice Cakes with Tomato Purée

These rice cakes have 114 calories per serving (1 rice cake).
MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Serve these with soup and salad for a delicious lighter meal, or serve them as a side dish. The cakes can also be sautéed in a non-stick skillet sprayed with cooking oil. Try brown rice for a change, adding more stock if necessary.

1. Preheat the oven to 400 F. Spray a baking sheet with cooking oil.

2. For the rice cakes, bring the stock to a boil in a saucepan. Stir in the wild rice and simmer for 25 minutes. Add white rice, cover, reduce the heat to medium-low and cook for 10 more minutes, or until the rice is tender. Let the rice cool slightly. Drain off any liquid. Rinse with cold water.

3. Combine the cooled rice, garlic, mozzarella and Swiss cheese, green onion, Parmesan cheese, basil and eggs in a bowl. Stir until well mixed. Using a 1/3-cup measure, form the mixture into approximately 10 patties and place on the prepared baking sheet. Bake approximately 12 minutes per side, until browned.

4. For the sauce, heat the tomato sauce, milk and basil in a small saucepan.

5. Serve the rice cakes with the sauce on the side.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

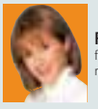
Ingredients

Rice Cakes
- 4 cups vegetable or chicken stock
- 1/2 cup wild rice
- 1/2 cup white rice
- 1 tsp minced fresh garlic
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup shredded Swiss cheese
- 1/4 cup chopped green onion
- 2 tbsp grated Parmesan cheese
- 1 tsp dried basil
- 2 eggs

Sauce
- 1/2 cup tomato-based pasta sauce
- 2 tbsp 2 per cent evaporated milk
- 1/4 tsp dried basil

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

Everyone loves pasta but no one likes calories and fat so be warned that some pasta choices are loaded with an unhealthy combination of both.

Boston Pizza Smokey Mountain Spaghetti and Meatballs

1,730 calories / 63 g fat These are quite the "meat-a-ballas!" Literally a mountain of spagetti smothered in Bolognese sauce with large meatballs and cheddar cheese. This represents your entire day's calories and three quarters of your daily fat!

Equivalent

Same as having 2 ½ orders of bruschetta in calories.

Boston Pizza Fettuccini with Bolognese sauce

730 calories / 9 g fat
This "make your own" pasta selection is the way to go. You end up with a normal serving size of pasta that will save you at least half the calories and a fraction of the fat.

Tasty appetizers. Veggie steamed dumplings with sweet and sour sauce

1. In a food processor, combine the tofu, scallions, garlic, cilantro, carrots, egg, hoisin, soy sauce, sesame oil and hot sauce. Pulse until the tofu is finely chopped, but not ground, about 10 1-second pulses.

2. Place 1 teaspoon of the mixture in the centre of each wonton wrapper. Dunk your fingers in water, then use them to wet the edges of the wrapper. Gather the edges of the wrapper over the filling, pinching them together to form a small bundle.

3. In a large pan, bring about 1 inch of water to a boil. Set a bamboo or other steamer basket over the water, then lightly coat it with cooking spray.

4. Arrange dumplings in the steamer (they should not touch), then cover and steam for 10 minutes. Serve with sweet and sour sauce. THE ASSOCIATED PRESS

Ingredients

Makes 48 dumplings
Start to finish: 45 minutes
- 12 ounces seasoned baked tofu, cut into cubes
- 6 scallions, ends trimmed
- 2 cloves garlic
- 1/4 cup fresh cilantro, leaves and stems
- 1/2 cup finely grated carrots
- 1 whole egg, beaten
- 2 tbsp hoisin sauce
- 2 tbsp soy sauce
- 1 tbsp toasted sesame oil
- 1 tsp hot sauce
- 12-ounce package 3-inch square wonton wrapper

Add Moroccan flair to an easy vegan curry

You can replace the chickpeas with black beans or kidney beans in this recipe for a variation. HANDOUT

Ingredients
- 2 tbsp canola oil
- 1 1/2 cups chopped onions
- 4 cloves garlic, minced
- 2 tbsp curry powder
- 2 tsp ground cinnamon
- 1 tsp ground turmeric
- 1 tsp cayenne pepper
- 1/2 cup vegetable broth or water (approx)
- 1 eggplant, peeled and cut into 3/4-inch cubes
- 2 cups cubed peeled sweet potatoes
- 2 cups chopped carrots
- 1 1/2 cups chopped yellow bell peppers
- 1 1/2 cups chopped red bell peppers
- 1 can chickpeas, drained and rinsed
- 2 cups diced zucchini
- 1/4 cup raisins
- 1 cup unsweetened orange juice
- 1 pkg frozen chopped spinach, thawed and drained
- 2 cups couscous
- 2 cups boiling water
- 1/4 cup sliced almonds
- Grated zest and juice of 1/2 lemon

1. In a large Dutch oven, heat oil over medium heat. Sauté onions for 3 to 4 minutes or until softened. Add garlic, curry powder, cinnamon, turmeric and cayenne; sauté for 1 minute or until spices are fragrant.

2. Add broth and deglaze pan, scraping up any brown bits. Add eggplant, sweet potatoes, carrots, yellow peppers and red peppers; sauté for 5 minutes. If vegetables begin to stick to pan, add more broth.

3. Stir in chickpeas, zucchini, raisins and orange juice; bring to a boil. Reduce heat to low, cover and simmer for 20 minutes or until sweet potatoes are fork-tender. Stir in spinach; cover and simmer for 5 minutes or until heated through.

4. Meanwhile, place couscous in a large shallow bowl. Stir in boiling water. Cover and let stand for 5 minutes or until liquid is absorbed. Fluff with a fork.

5. Spoon vegetable mixture over couscous and garnish with almonds, lemon zest and lemon juice. THE CANADIAN PRESS/COOK! DIETITIANS OF CANADA (ROBERT ROSE INC., 2011).

FUEL YOUR BODY WITH FRESH ORGANIC PRODUCE
REGINA'S ONLY BIN SERVICE
OPEN 6 DAYS A WEEK
FREE DELIVERY ORDERS OVER $100
body fuel ORGANICS
1307A Ottawa Street
306.352.FUEL (3835)
www.bodyfuel.deliverybizpro.com
• Pick up or delivery • Organic, fresh, and flavourful, local when available
• Convenient; save yourself the time spent grocery shopping • Locally owned and operated
Proud Supplier of Body Fuel Organics
Zee-Bee Honey vega AVENA FOODS Healthy for life SUNDANCE BISON

Careers

Building on a passion

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Name: Carla Smith
City: Vancouver
Age: 33
Occupation: Architect

Fascinated with the buildings of Vancouver, Carla designed her first dream home when she was 11 years old.

Following her passion for architecture, she was awarded a full scholarship at the University of Southern California and went on to land her first job in Boston.

Realizing that she missed her family, she moved back to Vancouver in 2007. She currently works at a local firm and says that she's always pushing herself to make a design better because the extra effort makes a huge difference for the client and leads to overall satisfaction with her job.

I knew I was on my way when...

I got my first full-time job in Boston. I was working on a multi-family residential project for a hotshot developer when two senior architects left the company, leaving me in charge of the project. I was inexperienced and it was "baptism by fire" but I got the job done.

Architecture is a lifelong learning experience and I don't think you ever feel like you've got it. You're always discovering new things with every project you work on. It's never going to get boring and the long hours are worth it in the end.

Action Plan

Don't let your perceived barriers stand in your way.

People often say, "I wanted to be an architect but I can't draw," or, "I'm no good at math". Drawing is a skill that anyone can learn and I never took a single math class in university. You can tailor a career in architecture that fits with your particular skills.

You have to want it.

An architecture education and career are only going to be rewarding for those who have a passion for it.

Bring something fresh.

It's easy to get locked into doing things the way they've always been, but the most memorable and successful designs are those that bring a touch of fun and something unique.

Lost your job? Here are some tips on making a graceful exit

Now what?

A positive outlook, solid references and a clean online profile can all help smooth over the transition during unemployment

YLVA VAN BUREN
careerbear.com

If you've just been handed a pink slip and were escorted out the door by your boss, the first thing you should do is take a deep breath and prepare wisely for the next step in your work life. Stefan Danis, chief executive officer at Mandrake, provides this advice and suggests a timeline of one or two months to get started.

1. Be selective about who you speak to right away in your business network. You don't want to be emotional with colleagues. "It's important to first create the right narrative for what has happened and what is going to happen," Danis says.

2. Take time to regroup. In most cases, it's going to take far longer than you think to get back up and be re-employed, and you will go through stages of anxiety, fear and concern. Take advantage of available EAP assistance or speak to a career counsellor or an executive coach.

3. Set yourself up as a contract worker as soon as possible — if it's appropriate in your industry. "Your focus becomes one of trying to solve a potential organizational need and solving needs is a repeatable activity. If you use your network to look for a job and you're unemployed, you can only go to your network once. It's different if you're a contract worker and can go back a few times and talk about their issues — not yours," says Danis.

4. Prepare your resumé and line up at least three references including one from your last job. "Hiring organizations want to mitigate the risk of a bad hire. Offering references upfront helps to do this. It's a critical error to be dismissive and cynical when it comes to an end. You want the head of HR to remember what you did while there as opposed to how you left," Danis says, adding that more than three references will be an advantage.

5. Craft your online presence. Set up your own webpage, get onto LinkedIn to grow your network and review and clean up your Facebook account — anyone who interviews you will likely Google you first.

6. Do some self-inquiry work to ensure the path you want to take is not based on an emotional response to what just happened, Danis says. Make sure you're not trying to continue on the same path when other options may be better. Think about your values. What makes you happy at work? When you're in a career transition, this question could help you figure out where you should work and why.

7. Be positive. "I'm a believer that what you radiate early in your networking will have a significant impact on where your journey's going to lead you," Danis says. According to the CEO, the resumé gets you the interview but then your attitude determines why you stand out from the other candidates. Remember also that staying positive is important because "on the other side of a few weeks out lurks unmet expectations and possibly a negative attitude." This includes cynicism and anxiety, which are natural feelings that come from being unemployed.

Now you're ready to send an announcement or email to your network talking about your consultant work.

"Be sure to do some inquiry work after you have lost your job. We tend to revert to what is easy as opposed to what's right for us," Danis said.

Onward and upward

"This is the time to start with the end in mind and move in that direction, uninhibited by the past job and our reaction to losing it."

Stefan Danis, CEO, Mandrake

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

Losing your job can be tough, but it's important to avoid cynicism about your old workplace. ISTOCK PHOTO

COR
U CHOOSE
"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart"
HELEN KELLER
Like us on
Follow us on
www.creativeoptionsregina.ca

SPORTS 4

Dickey makes mark with Jays

MLB. Toronto's knuckleballer has stellar reputation on and off the field

After throwing live batting practice, R.A. Dickey makes a point of shaking the hand of not only his catcher but the batters he faced.

The 38-year-old Cy Young Award winner knows the knuckleball is no fun to hit, especially at the start of spring training when hitters are only beginning to find their groove. It's a little thing, but speaks volumes about a pitcher who joins the Jays with a stellar reputation on and off the field.

"He's a special guy," said Toronto manager John Gibbons.

"R.A is one-of-a-kind. He's a great guy and a great pitcher," said infielder Mark DeRosa.

"He's a first-class citizen," said catcher J.P. Arencibia.

Opposition hitters will notice a different Dickey, however.

"You'll see. He's a different cat when he's out there pitching," said catcher John Thole.

"He's a very nice guy. But he's ultra-competitive as well," echoed catcher Mike Nickeas. "Don't let him fool you when he's in here. The guy's super-competitive and he wants to win."

Dickey makes his spring training debut Monday against the visiting Boston Red Sox.

Reminded by a reporter that he has been dubbed "baseball's most improbable star," Dickey begs to differ.

"Well the star part I would probably argue with. Improbable I certainly would agree with. My career arc, I don't know if there's been one quite like it. And that's certainly interesting probably for a lot of people but at the same time I've always had a big imagination. And so this has never been something completely outside my scope."

THE CANADIAN PRESS

Quoted

"I've always held onto the hope that I could produce a trustworthy product on the field consistently and hopefully will be able to reap the fruits of that for years to come." Toronto Blue Jays pitcher R.A. Dickey

Pre-season games

- Jose Bautista hit the scoreboard with a homer and reliever Sergio Santos looked impressive in his return from shoulder surgery as a Toronto Blue Jays split-squad lost 5-4 to the Baltimore Orioles in spring baseball play Sunday.
- Another Toronto squad played to a 2-0 win over the New York Yankees in nearby Tampa. Yankees outfielder Curtis Granderson broke his right forearm when he was hit in the first inning by Toronto starter J.A. Happ.

Homan takes home the gold at Scotties

Ontario skip Rachel Homan walks during the gold-medal game against Manitoba at the Scotties Tournament of Hearts Sunday in Kingston, Ont. It was the first national women's title for Homan and her team —Emma Miskew, Lisa Weagle, Alison Kreviazuk and alternate Stephanie Drew. They will represent Canada at next month's world women's curling championship in Riga, Latvia. RYAN REMIORZ/THE CANADIAN PRESS

NHL. Power play powers Wings past Canucks

Damien Brunner had two goals and two assists, and Joakim Andersson scored twice in the Detroit Red Wings' 8-3 win over the Vancouver Canucks on Sunday.

Henrik Zetterberg and Niklas Kronwall had a goal and two assists each, Daniel Cleary added a goal and an assist, and Jordin Tootoo also scored for Detroit, which netted three power-play goals in the second period to take the lead.

The Red Wings, who entered ranked 26th in the NHL on the power play, held the Canucks to only three shots in the second period.

THE ASSOCIATED PRESS

Detroit Red Wing Henrik Zetterberg celebrates his goal Sunday in Detroit. THE ASSOCIATED PRESS

World Baseball Classic

Martin pulls out on Team Canada

Russell Martin has withdrawn from the World Baseball Classic, leaving Canada without its starting catcher.

Martin, who signed as a free agent with the Pittsburgh Pirates in the offseason, removed himself from the team because he wasn't going to be allowed to play shortstop.

According to Martin, both the Pirates and the Canadian team were uncomfortable with the Chelsea, Que., native switching positions for the upcoming tournament.

THE CANADIAN PRESS

NBA. Lakers and Mavs bring playoff intensity

Kobe Bryant was just a little better than Dirk Nowitzki in a spirited game befitting Western Conference leaders — not teams battling for ninth place.

Bryant had 38 points to win a scoring duel with Nowitzki, and Steve Nash helped beat his former team by getting 20 points for the first time with the Los Angeles Lakers in a 103-99 victory against the Dallas Mavericks on Sunday.

Nowitzki finished with a season-high 30 in a game that had a playoff feel from the start, even though both teams still have plenty of ground to make up to even qualify for the post-season. They trail eighth-place Houston by several games, but they are the franchises that have the last three NBA titles won by teams from the West.

THE ASSOCIATED PRESS

Scoring duel

Bryant and Nowitzki had 16 points apiece in the first half and were still even at 24 after the third quarter before Bryant scored 14 in the fourth, including seven in the last three minutes.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Luck comes to those who think they deserve it, so believe you are being looked after by a lucky star and good fortune will most likely smile on you this week. Life doesn't have to be all about doom and gloom.

♉ Taurus
April 21 - May 21
What occurred over the weekend may not have struck you as funny but it should have. What happened to your sense of humor? Or do you only laugh when the joke is on someone else? Lighten up, it's life.

♊ Gemini
May 22 - June 21
Try to be tactful if you have to explain to a friend or work colleague how and why they got something wrong. There is a right way and a wrong way to point out mistakes. Choose the right way.

♋ Cancer
June 22 - July 23
Major changes are on their way. Don't bother trying to fight them. The forces at work are far too strong for you to stand against them. And why would you want to when they are in your favor?

♌ Leo
July 24 - Aug. 23
Even difficult situations should be easy to handle today. However, one thing you need to be aware of is that travel and social plans may be subject to delays. There's not a lot you can do but grin and bear it.

♍ Virgo
Aug. 24 - Sept. 23
It would appear that something has been bubbling away in your subconscious for some time but is now ready to break though and be taken seriously. It will lead to some radical changes in the way you think.

♎ Libra
Sept. 24 - Oct. 23
A new arrival on your social scene is a little bit shy, so put on your best smiley Libra face, take them by the hand and show them around. Before you know it you will be the firmest of friends.

♏ Scorpio
Oct. 24 - Nov. 22
You may be industrious but you cannot possibly do it all on your own. Seeing as how you have so much work to plough through over the next few days, why would you even want to consider it?

♐ Sagittarius
Nov. 23 - Dec. 21
If certain avenues of expression are blocked to you today maybe you should see it as the planets' way of telling you that an alternative route needs to be found. Think for yourself and realize you have so many choices.

♑ Capricorn
Dec. 22 - Jan. 20
There is no point getting emotional about things over which you have no control. There are still many issues you can have a say on and those are the things you must focus on now. Get real and stay real.

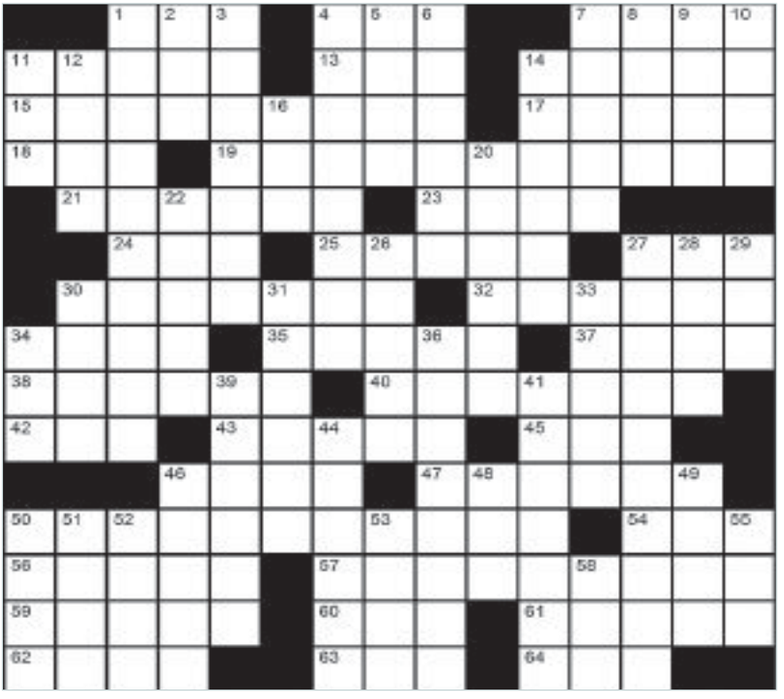
♒ Aquarius
Jan. 21 - Feb. 19
If what a friend requests of you is beyond your powers to deliver you must let them know immediately. Don't pretend that you might be able to help them when, deep down, you know it isn't going to happen.

♓ Pisces
Feb. 20 - March 20
The storms clouds of recent weeks have begun to break up and the sunshine is now pouring through. Think positive, act positive and believe that positive things are going to occur over the next few days – and they will.

SALLY BROMPTON

Crossword: Canada Across and Down

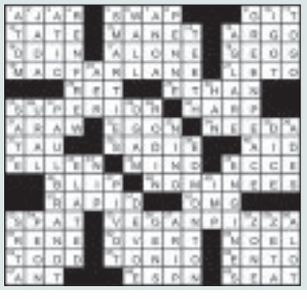
BY KELLY ANN BUCHANAN



Across
1. __ Royal Highness
4. Faith, for short
7. Niagara-on-the-Lake theatre festival in Ontario
11. "It takes __ __ tango."
13. Ms. Green of "Casino Royale" (2006)
14. Winter/Summer Olympian Ms. Hughes
15. Deficient in energy
17. Keep an __ __ mystery
18. B-F inbetweeners
19. Adjustment back to order
21. From longest ago
23. Simplicity
24. 'Par' add-on (Sitting room)
25. Lead/tin alloy
27. __-mo replay
30. Seaside
32. Credit card user
34. Criminal associations
35. Breath _ __ of relief
37. Phoned
38. Early-1900s art movement
40. Paper craft of Japan
42. Undercover agent
43. Sample food
45. Dem's political rival
46. Prefix with 'dynamic'
47. Sculptor's tool
50. Canadian potato chips since 1987: 2 wds.
54. Flatline
56. Furious
57. Winnipeg band, __ __ Dummies
59. Ancient king of Crete
60. One: German
61. Radiant visions of light
62. "This __ __ outrage!"
63. Web feed syst. for updates
64. Climber's li'l conquests

Down
1. Hub of activity for guests, bellhops, checking in, etc.: 2 wds.
2. Shakespearean suffix
3. Lions as sound-makers
4. Boat race meets
5. Good vs. __
6. More like a doily
7. Gooey gunk
8. Rabbit-like animal
9. Elvis Presley's middle name at birth
10. Float, as a scent
11. "No Scrubs" group
12. 1995 Montell Jordan hit: "This Is How __ __ It"
14. "I __ for Miles" by The Who: 2 wds.
16. Hi-__ graphics
20. Ben Kingsley title film role
22. "__ __ _ say, not..."
26. Poet T.S. (b.1888 - d.1965)
27. Calgary's football team
28. Actress Ms. Anderson
29. Association, for short
30. Sudden political takeover
31. Type of soy sauce
33. Hillsides
34. Rap music's Hammer, et al.
36. Ancients like Aristotle
39. Mr. McQueen's
41. Bestselling author John
44. Many call it football
46. British car, __ Martin
48. She's opposite
49. Ms. Kudrow
50. Mariah Carey album: 'The Emancipation of __'
51. Goo Goo Dolls hit
52. Capital city of Yemen [var. sp.]
53. Reality star Ms. Jenner
55. Ands: French
58. Famed tomb king

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

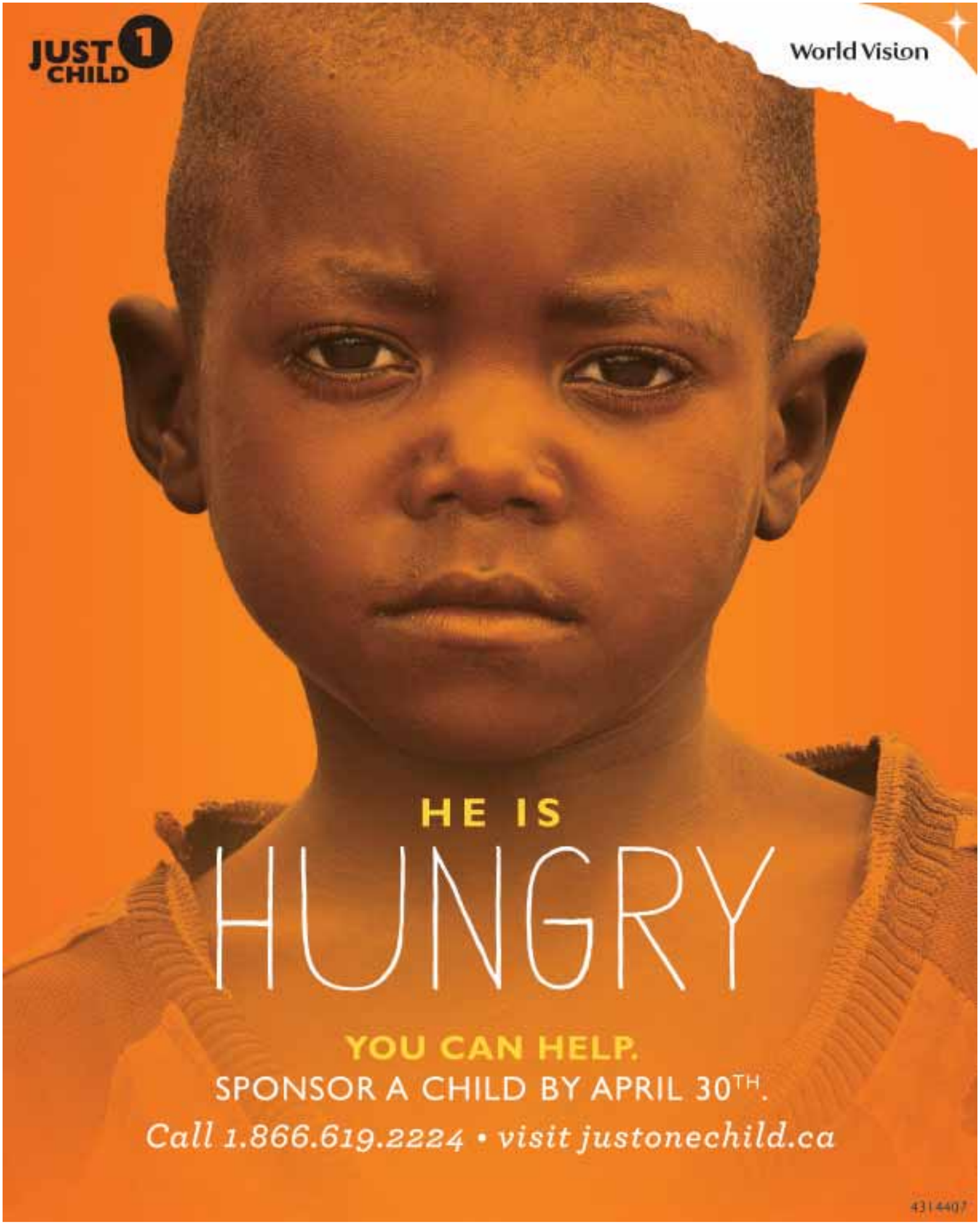
Friday's Sudoku

7	8	3	4	9	1	6	2	5
4	5	2	6	7	3	1	9	8
1	9	6	5	2	8	7	4	3
8	2	4	1	5	6	9	3	7
5	7	9	2	3	4	8	1	6
6	3	1	9	8	7	2	5	4
9	4	8	3	6	2	5	7	1
3	6	5	7	1	9	4	8	2
2	1	7	8	4	5	3	6	9

6		8		1				
			6				2	
	5			9		7		
7		1	4		3	6		
	8						5	
		3	8		1	4		9
		5		2			3	
	7				4			
				3		2		1

Sharability

easy — hard


JUST 1 CHILD
World Vision
HE IS
HUNGRY
YOU CAN HELP.
SPONSOR A CHILD BY APRIL 30TH.
Call 1.866.619.2224 • visit justonechild.ca
4314407